



# Dover Swims

Dover Recreation

Dover Swims  
March 2012

## Attention all competitive swimmers!

Dover's own Olympic champion, Jenny Thompson, will once again offer her advice and support during the 2<sup>nd</sup> Annual Jenny Thompson Swim Clinic. Last year's youth-only clinic was well attended and successful. As with last year, all participants will be able to meet and work with Jenny as well as other local swimming coaches at the Olympic size Jenny Thompson Outdoor Pool. The youth fee is \$100 for a full day on May 19 and includes lunch, snacks, and a special clinic t-shirt. The fee for adults is \$50.00 for a 3.5 hour morning session on May 20 and also includes a t-shirt. Participants do not need to be members of a swim team but should be serious about improving their competitive skills.



Information and registration forms are available at [www.doverswims.com](http://www.doverswims.com). The event will be held rain or shine, and slots will fill quickly.

## Olympic Hopefuls

The Summer Olympics will be held this year in London. Before competitors can test their skills there, they must first get through the Olympic Trials to earn a spot on the US team. The trials will be held in Omaha, Nebraska starting in late June. Please join us in sending best wishes to two local champions who strive to be international champions:



Tom Duvall  
Photo: (2011) John Huff  
[www.fosters.com](http://www.fosters.com)



Jessica Parratto  
Photo: USA Diving

Tom will compete in the 200m free style and Jessica will spin and flip her way to a splashless finale in platform diving. Good luck!



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The Dover Pools are now  
on facebook! Log in and  
like us for updates, pool  
schedules, lesson informa-  
tion and more!





## Dover Recreation's Spring 2012 **American Red Cross** Swimming Lessons

**Registration** for Dover Residents will begin Saturday, March 10th at 1:00pm at the Dover Indoor Pool. Open registration will begin Saturday, March 17th at 1:00pm at the Dover Indoor Pool. Dover residents **MUST** bring proof of residency. The following are the only acceptable forms: valid driver's license, car registration, current utility bill or apartment lease. All registration must be in person and each person may only register members from their own family.

**Fees:**     Dover Residents     \$50  
               Non-Residents     \$70

**Age Requirements for classes:**

Infant/Toddler: 6 months-2 years  
 Preschool (Beginner & Advanced) 3-4 year  
 Level 1-6: 5 years and older

### Saturday/Sunday Lessons: March 24-April 29 (No class 4/8 & 4/14)

\*Preschool classes are 30 minutes long

1:00-1:30 PM		1:30-2:00 PM		2:00-2:30 PM	
Beg. Preschool	424110A*	Adv. Preschool	424120B*	Beg. Preschool	424110B*
1:00-1:40 PM				1:45-2:25 PM	
Level 1	424130A			Level 1	424130B
Level 3	424150A			Level 2	424140B
Level 4	424160A			Level 5/6	424200B
2:30-3:00 PM		Infant/Toddler 424100C			

### Monday/Wednesday/Friday Afternoon Lessons: March 21-April 11

\*Preschool classes are 30 minutes long

4:00-4:40 PM		4:45-5:25 PM		5:30-6:10 PM	
Beg. Preschool	424110G*	Adv. Preschool	424120H*	Beg. Preschool	424110i*
Level 1	424130G	Level 3	424150H	Level 5	424170i
Level 2	424140G	Level 4	424160H	Level 6	424200i

### Tuesday/Thursday Morning Lessons: March 20-April 19

8:30-9:00 AM		9:00-9:30 AM	
Beg. Preschool	424110J	Adv. Preschool	424120K
Adv. Preschool	424120J	Level 1	424130K
9:30-10:00 AM		Infant/Toddler 424100B	

### Tuesday/Thursday Afternoon Lessons: March 20 – April 19

1:00-1:30 PM		1:35-2:15 PM	
Beg. Preschool	424110E	Level 1	424130F
Adv. Preschool	424120E	Level 2	424140F

### Tuesday/Thursday Evening Lessons: March 20 – April 19

8:00-9:00 PM	Adult	424300D
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## Dover Pool Profiles: Dover's Dazzling Dynamos

A town's high school sports teams do not win a championship every day, but on February 12, Dover High School girls won the NH Division I and St. Thomas Aquinas High School girls won the NH Division II Swimming and Diving Championship. In other words, the girls made some big waves and brought home the glory.

Both teams spend many hours at the Dover Indoor Pool honing their skills, building friendships, and paying close attention to time and form. The time they spend in practice can reduce obstacles in competition. For those who admittedly love being in the water, sometimes the goal is to spend less time in it, sometimes just fractions of a second.

Dover High School's win

was the surprise of the season. The girls have won the state championship three of the last four years, but they were expecting a tough contest this year. In fact, this year was nearly a miss; in the very last race, their main competitor, Bedford High School, had a false start, leading to a disqualification. Dover's swimmers swam their final 400 relay with all they had, and their efforts paid off. Dover won the meet by a mere 7 points. The team spirit, energy, and mutual support they had built during the season helped them to achieve their goal.

In Division II, St. Thomas High School approached the meet with high hopes but no solid expectations. They did not face the high drama that Dover High did, but strong

teamwork paid off for them, also. They scored high points for their medley relays and diving. Despite being a very small team, the girls made their efforts count. They trained hard, but had lots of fun, too. Through their training at the Indoor Pool, they had the fun of bringing the championship plaque back to school.

Both teams were really proud of their efforts, not only in the pool, but for the bigger picture. When boys' team sports get most of the attention and funding, female athletes must work extra hard to get noticed and be supported. Winning the state championship is a reminder to them and to the community that swimming and the pools are important, that there is much more to athletics than just

one sport. Dover was the home of a national swimming hero and it continues to be the home of New Hampshire's best swimmers.

Dover's girls rule the pool!  
Congratulations!



Photo by Dick Arnold

**NH Div. II State Champions St. Thomas Aquinas High School**  
l-r: Ashlie O'Brien, Signe Frick, Morganne Hodsdon, Jillian Sorenson, Kyra Sarazen



Photo by Dick Arnold

**NH Div. I State Champions Dover High School**  
back row l-r: Gwen Muscato, Abi Lent, Emma Tobin, Kelsey Boese, Meghan Wotton  
middle row l-r: Rose Clemens, Makenzie Katz, Madison Schoenbuecher, Madi Stewart  
front row l-r: Julia DeGregorio, Caroline Schoenbuecher, Elizabeth Malia, Cassidy Black, Amber Long

## Giving to the Dover Pools

Since its inception in 2010, the Dover Pool Advisory Committee has been working hard to help secure the pools' financial future. Through several fundraisers and generous donations from individuals, the pools have gotten a boost of more than \$35,000 toward the city council's stated annual fundraising goal of \$50,000. Every dollar counts. Every vote of support for the pools counts. If you can, please consider making a donation and/or let your city councilors know why you support the pools.

Dover has two funds that were created in 2010 to help the financial situation of the pools. Donation to both funds are tax-deductible.

The **Dover Pool Fund** is a way for people to give directly to the pools. The Dover City Council, with guidance from the pool advisory committee, will decide how this money should be used most advantageously for pool-related expenses. This fund is the more immediate and usable form of donation. If you choose to donate in this way, please make your check payable to the City of Dover Pool Fund and mail to:

Dover Pool Fund  
c/o City of Dover  
61 Locust St.  
Dover, NH 03820

The **Dover Pool Endowment Fund** was created by a generous private citizen to provide financial support for capital improvements and non-personnel related expenses at and for the pools. It is managed with the assistance of a city-appointed board and the city's trustees. As an endowment, only the interest from the fund can be used to support the pools. To donate, please make your check payable to the Dover Pool Endowment Fund and mail to:

Dover Pool Endowment Fund  
c/o City of Dover  
61 Locust St.  
Dover, NH 03820



If you can afford a donation, small or grand, please give and show your support. The Dover City Council needs to see how much the pools mean to all the people of Dover and the region, now and for the future.

**Thank you!!**



## **Jenny Thompson Nominated for US Olympic Hall of Fame**

Dover's own Jenny Thompson has been honored yet again for her outstanding athleticism and accomplishments. People from the area can weigh in on the issue and cast votes to support her nomination to the US Olympic Hall of Fame. Voting is allowed through April 9, 2012 at [www.TeamUSA.org/halloffame](http://www.TeamUSA.org/halloffame). Let the committee know that we support Jenny not only as Dover's hero, but as a hero for the whole USA.

## **Jenny Thompson Bath House Update**

Progress continues at the outdoor pool. Tile work is next on the docket, followed by finish plumbing, sinks, and the lobby. With spring (officially) just around the corner, attention will then switch to landscaping. The budget for landscaping is adequate but not superlative. It is hoped that swimmers and their families will lend a hand to create a beautiful front yard and that local landscapers will donate some of the plants or materials. Please contact Gary Bannon, Recreation Director, at 516-6410 or [g.bannon@dover.nh.gov](mailto:g.bannon@dover.nh.gov) for more information.

## **Wee Bit o' Fun for St. Patrick's Day**



Join us on Friday, March 16, 7-9 p.m. for a pre-St. Patrick's Day work-out. Create your own fancy footwork in the pool without having to worry about tripping because your feet got tangled. Share your "Clean Fun" water limerick and your best Irish accent.

And remember, *"May the blessings of each day be the blessings you need most."*  
*"May you get all your wishes but one so you always have something to strive for."*

## **Private Swim Lessons**

Proper technique is an essential piece to make swimming enjoyable and to help you reach your speed potential. Understanding exactly what your body is or is not doing properly can help you improve your efficiency in the water. What you think your body is doing and what it is actually doing are frequently two very different things. If you want to improve, the Dover Indoor Pool offers several options to help with your swim strokes:

½ hr lesson 15.00    1hr. lesson 30.00    1 hr. lesson with video 50.00\*

1hr. lesson with video and voice over analysis 75.00\*

1hr. lesson with video, voice over analysis, prescriptive drills and workouts 100.00\*

\*Private swim lessons are available with any instructor, video analysis is offered with Vinny Johnson exclusively. Please call 516-6427 for availability.

**March into Fun and Fitness**

illustration by [www.funny-clip-art-cool-drawings.com](http://www.funny-clip-art-cool-drawings.com)

With spring just around the corner, we encourage everyone to get active. In that spirit, we want to help you keep track of your workouts and your progress. Whether your goal is to increase your distance, shorten your time to go the distance, increase your time, or simply show up a certain number of times per week, we will provide a bulletin board where you can post your goal and note your progress. At the end of the month, we will have a random drawing to reward your efforts. You can't win if you don't participate!

From The Wall Street Journal, Feb. 14, 2012

**A Dip in the Pool Does an Aging Body Good**

By [JEREMY SINGER-VINE](#)

Swimming reduces blood pressure and improves artery health in elderly adults, according to a study in the American Journal of Cardiology.

Previous studies have found similar advantages from walking exercises, but this was the first to demonstrate swimming's vascular health benefits for older, sedentary adults. Because swimming puts less stress on joints and the body's cooling mechanisms than many other exercises, it "is an ideal form of activity for older adults," the study's authors noted.

The researchers recruited 43 adults ages 50 to 80 years from the Austin, Texas, area. All had pre-hypertension or low-grade hypertension, but were otherwise healthy despite not having exercised regularly in the previous two years.

They were assigned at random to one of two groups. The first group received 12 weeks of swimming instruction and swam 15 to 45 minutes a day, three to four days a week. The second, or control, group spent that time stretching and learning relaxation exercises.

Despite losing no weight or fat, the swimmers' systolic blood pressure—measured when the heart contracts—fell 7% to 122 mmHg (millimeters of mercury) from 131 mmHg. Their arteries also showed signs of becoming more elastic and responsive to changes in blood flow.

The control group showed no statistically significant improvements. If these improvements could be sustained longer than the 12-week trial, they should decrease the swimmers' risk of heart disease, the researchers said.

**Caveat:** The study's small size and selection of generally healthy subjects may limit its relevance to other elderly adults.





## DOVER INDOOR POOL SCHEDULE

Effective March 6, 2012

516-6441



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap 5:30-8:30 am	Early Bird Lap* 6:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap* 6:30-8:30 am	Early Bird Lap 5:30-8:30 am	Program/Rental 7:00-10:00 am	Masters Swim 9:00-11:00 am
Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am		
Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Program/Rental 10:00-11:00 am	
Adult Lap Swim 11:00 - 1:00 pm						
Lessons/Rental 1:00-2:30 pm					Lessons/Rental 1:00-2:30 pm	
Rec Swim 2:30-4pm						
Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:00 pm	Mighty Seals 4:00-5:30 pm
Aqua Zumba 7:00-8:00 pm	Masters 6:30-7:45 pm.	Aqua Zumba 7:00-8:00 pm	Masters 6:30-7:45 pm	Rec. Swim 7:00-9:00 pm	Rentals 6:00-11:00 pm	
Adult Lap/Rec^ 8:00 -9:00 pm	Adult Lap/Rec^# 7:45-9:00 pm	Adult Lap/Rec^ 8:00-9:00 pm	Adult Lap /Rec^# 7:45-9:00 pm			

^ The Dive well may be closed during certain class times

\*- 3 lanes from 630-645am

\*\*-3 lanes from 230-4pm

#-3 lanes from 8-9pm

**REC SWIM:** At this time children **under 45 inches must have an adult in the water with them.** No lane lines will be in. No equipment is allowed in the pool, except for our life jackets. Children wearing one must have parent in the water with them within arms length. Children are not allowed off of the diving board wearing life jackets.

### FEES (yearly membership excludes Hydrofitness and Masters)



	Daily	Punch Ticket(12)	*Yearly Indoor	6 Month Indoor
<b>RESIDENT</b>				
Adult	\$5.00	\$50.00	\$155.00	\$95.00
Senior	\$3.00	\$30.00	\$70.00	\$40.00
Youth	\$3.00	\$30.00	\$70.00	\$40.00
<b>NON-RESIDENT</b>				
Adult	\$10.00	\$100.00	\$310.00	\$186.00
Senior	\$6.00	\$60.00	\$140.00	\$84.00
Youth	\$6.00	\$60.00	\$140.00	\$84.00

Children age 3 and under are required to wear a swim diaper while swimming. Swim diapers are available for \$2 each.



Indoor Pool Rental \$120/Hr. (for 30 or less) Lane rentals \$40/Hr. Diving well \$40/Hr. Add add'l \$15/hr. for each group of 30 people or portion of 30 people over the original group.